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## COP set to welcome back torch

**RELAY** Taking a historical tour through the 1988 Winter Games facilities, the Olympic flame is set to return to Canada Olympic Park.

WinSport Canada has announced the 2010 Olympic torch relay is set to reach COP on the morning of Jan. 20, where they say it will take a one-of-a-kind trip through the old Olympic stomping grounds.

The flame will begin its visit to the park at the top of the Olympic Track and be carried down in a bob-sled at speeds surpassing 120 km/h in the morning, COP said in a release.

After its tour, it will be carried out of the park and on its way out of Calgary.

METRO CALGARY

### News on the Move

#### What's this barcode for?

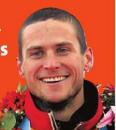


### Vancouver Games

#### Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Omischl, fellow aerialists seek atonement, page 11



#### On the web



Visit [metronews.ca](http://metronews.ca) for news updates

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# Olympic celebration

5 days of festivities announced as torch nears city

### VANCOUVER 2010 Games

**Memories of Calgarians packed into Olympic Plaza for medal presentations during the 1988 Winter Olympics are still vivid in Mayor Dave Bronconnier's mind.**

He's hoping a five-day celebration announced yesterday to honour the Jan. 18 arrival of the Vancouver 2010 Winter Olympic torch into the city will re-ignite the Olympic spirit in Calgarians who experienced the Games, and acquaint the hundreds of thousands of newcomers with the experience.

"I think it's important that all Calgarians experience the Olympic legacy that lives on in our community," Bronconnier said.

Alongside Susan Auch, a three-time Olympic speed-skating medallist and honorary chair for the Calgary torch celebrations, the mayor provided details of the events, beginning with an outdoor music festival presented by One Yellow Rabbit and the city at Olympic Plaza from 5 to 11 p.m., which will also feature fire performances and light displays.

Auch said she believes this celebration is a chance for the current edition of the Olympics to connect with ordinary Calgarians.

"I think the more people we can touch through the Olympics, and the torch relay is certainly one of the best ways ... it's very important," she said.

"I mean, when do we get a chance to be this in-



Susan Auch, three-time Olympic medallist and honorary chair of the Calgary Olympic Torch Celebration, and Mayor Dave Bronconnier hope torch events announced yesterday bring Calgarians back in time to the glory of the 1988 Winter Olympics.

spired?"

The torch will arrive at Olympic Plaza at 7 p.m. on Jan. 18, but prior to that, the plaza will be bustling with music from Crystal Plumondon and Terri Clark, and a parade of past

Olympians and a trip down Olympic memory-lane with athlete Duff Gibson.

The torch will travel along Macleod Trail from Southland Drive to 17 Avenue, west along 17 Avenue, south on 4 Street SW

to 9 Avenue, then east to Olympic Plaza.

Community celebrations will be held throughout the city from Jan. 16 to 20 and more information is available at [calgary.ca/recreation](http://calgary.ca/recreation).

Baby boy dropped to safety in blaze

**VICTORIA HANDYSIDES**  
Metro Canada

**EDMONTON** Baby Jet landed safely after he was dropped from a burning Edmonton apartment building yesterday morning, an incident that spurred officials to reaffirm the necessity of fire-escape plans.

When the 21-month-old baby's mother saw smoke had filled the third-floor hallway of the walkup, she passed him to her boyfriend, who dropped him to a neighbour on the ground below.

"They just followed their instincts, which were to protect the child," Edmonton Fire Services spokesperson Tim Wilson said yesterday.

A space heater in a bedroom on the second floor is being blamed for the blaze, which caused \$400,000 in structural damage and \$100,000 in contents damage.

Smoke detectors went off in the hallways after fire broke out shortly after 8 a.m. Residents from 12 suites fled before fire crews arrived, all escaping injury.

Investigators discovered smoke detectors in individual suites were without batteries, Wilson said.

"The situation reinforces how important it is to have an evacuation plan, and to practise with your family," Wilson said.

"Your first alert is having a working detector. It can mean the difference between life and death."

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# Local



## Calgary tweets

- @TGonTC #yyz really surprised how quickly the bus got me home today! Yesterday was a different experience!
- @Dbarberino No wonder there are so many accidents in #yyz, a lot of dumb drivers live here! Drivers ED is an option!
- @b\_rad\_peters Nice to see the sun out in #yyz for the drive home. I finally have a reason to put my sunglasses on :)

**metronews.ca**  
What's online today.

**Video** Watch the collision between a Japanese whaling ship and a protest boat at [metronews.ca/world](#)

**Video** Watch Mariah Carey's loopy speech at [metronews.ca/entertainment](#)

### Lotteries

Lotto 6/49: 10, 12, 15, 23, 26, 44 Bonus 30  
These results are not official.

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## Woman wanted for fraud

Police are looking for Anna Pomyanyayeva, 20, of Calgary on an Alberta-wide warrant for fraud in relation to an incident in October 2008 where she allegedly stole over \$5,000 from a victim. Police believe her hair is currently dyed black. Anyone with information is asked to call police at 403-266-1234.

METRO CALGARY



## Apartments go smokeless

KRISTA SYLVESTER  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

A newly renovated southwest Calgary apartment complex gutted by a fire in 2007 has now opened its units to a completely smoke-free living environment.

Lakeview Mews property management company Realstar Management claims the building is the first 100 per cent smoke free apartment complex in Calgary.

"As the trend against smoking strengthens, more and more individuals are requesting non-smoking properties to call home, so it was important for us to satisfy this request" Realstar vice-president Scott Bigford said in a release. "During the renovation process, we decided to convert the property to a smoke-free home to benefit both the health of our new residents, as well as the environment."

Dustin Pelly is a resident at the apartment. Because of his asthma condition,



The newly-renovated Lakeview Mews apartments claim to be the first entirely smoke-free complex in the city, according to Realstar Management.

he chooses to live in the smoke-free environment.

"It was definitely a motivating factor to move in," he said.

Calgary Apartment Association president Gerry Baxter acknowledges that there are landlords in Cal-

gary who have smoke-free units, but said this is a move towards a completely non-smoking environment.

"I don't know if it's a trend, but there are definitely a lot more people asking questions about

smoke-free apartments now than in the past," Baxter said, adding residents may prefer it for health reasons.

"Some people don't want to be around smoke at all and will find this a very good alternative."

## Abercrombie, Hollister, Apple blowing into Chinook

KRISTA SYLVESTER  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

Chinook Centre just got a little more stylish and technical with the expansion announcement of stores Abercrombie & Fitch, Hollister Co. and Apple.

All three new additions

are set to open their doors alongside another 60 to 70 new stores in the Fall 2010, making Chinook Centre the first Calgary home to both clothing stores, and only the second to have an Apple store.

"It's absolutely exciting to be the first in market to bring such popular clothing stores to the city. It's

exciting, no question," Chinook Centre general manager Terry Napper said.

Abercrombie & Fitch, renowned for casual, classic and trend-right clothes, will open a 7,811-square-foot store on the main level of the expansion, while Southern California-styled Hollister will open a 7,014 square foot location on the

upper level.

Christine Leblanc moved to Calgary from Edmonton last year and missed shopping at Hollister, which was only carried at West Edmonton Mall in Alberta until this announcement.

"It's definitely my favourite store, so I can't wait until the fall," she said.

For full obituaries go to [CalgaryObits.com](#)

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Members of a class-action lawsuit settlement in Newfoundland and Labrador's botched breast cancer testing scandal will seek to have the deal approved in court next month. In October, the province's largest health board and the law firm spearheading the lawsuit announced they had reached a \$17.5-million settlement. THE CANADIAN PRESS

# Canada



## Man sought for alleged Ponzi scheme

Weizhen Tang, left, a Toronto fund manager who had claimed to be a Chinese Warren Buffett, is being sought by police on a Canada-wide arrest warrant on charges he ran a \$40-million Ponzi scheme. Toronto police issued the warrant yesterday after Tang failed to surrender as promised on Dec. 29, Det. Gail Regan of the Toronto fraud squad said. He was charged in June with fraud and 11 other criminal charges in Ontario.

METRO NEWS SERVICES

## Plight of Afghan women grim

Suicide seen as way to escape violence, report says

**More Afghan women are choosing suicide to escape the violence and brutality of their daily lives, says a new human-rights report prepared by Canada's Foreign Affairs Department.**

The 2008 annual assessment paints a grim picture of a country where violence against women and girls is common, despite rising public awareness among Afghans and international condemnation.

"Self-immolation is being used by increasing numbers of Afghan women to escape their dire circumstances and women constitute the majority of Afghan suicides," said the report, completed in November 2009.

The document was obtained by The Canadian Press under the Access to In-

**87%** A British study, cited in the Foreign Affairs report, said 87 per cent of Afghan women complained that they were the victims of violence, half of it sexual.

formation Act.

The director of a burn unit at a hospital in the relatively peaceful province of Herat reported that in 2008 more than 80 women tried to kill themselves by setting themselves on fire, many of them in their early 20s.

Many of those women died, the report said.

The frank evaluation of the plight of women was written against the backdrop of international debate last year over the Afghanistan government's so-called rape law.

The legislation, aimed at courting votes in the minority Shiite community, legalized rape within a marriage. It prompted outrage in Canada and many other countries.

The move was an attempt to codify social and religious practises, but the international condemnation forced the government to review the law. It was eventually enacted with some amendments, although the basic tenets remained unchanged.

"Rape is widely believed to be a frequent occurrence, though its true extent is concealed by under-reporting owing to the social stigma attached to it," says the 31-page partly-censored document.

The Afghan practice of

"honour killings" has been cited as a major problem by both the Canadian Foreign Affairs Department and the United Nations Commissioner for Human Rights.

The Afghanistan Independent Human Rights Commission said it has "recorded 76 cases of honour killings in 2008, but the actual number is believed by local embassies and non-governmental organizations to be much higher."

THE CANADIAN PRESS

[m.metronews.ca](http://m.metronews.ca)



Montreal police expect reprisals in simmering gang dispute, but say all-out war is unlikely. Scan this code for the full story.

## Halifax Two DUIs in one day?



RYAN MELANSON/HALIFAX DAILY NEWS

Diedra Fougere is escorted from a courtroom at Halifax provincial court yesterday. Fougere was arrested twice on Tuesday and charged with impaired driving on both occasions — once in the morning and again in the evening. Fougere has two previous impaired driving convictions, one in 1990, the other in 2001.

## Feeling constrained?



## Feds look at biofuels impact

**GREEN** The Harper government is taking a harder look at an industry that has been a political and policy darling amid soaring fuel prices and fretting about greenhouse gases.

A study has been ordered into the environmental and health effects of producing ethanol and biodiesel after other countries found facilities that make renewable fuels could be behind problems with air, water and human health.

"Based on global production levels from the past three years alone, there is

"Experiences ... now suggest that existing biofuels production facilities are responsible for the generation of a range of new air- and water-related problems."

Government study

now evidence of implications to the environment from biofuels-based ethanol production facilities," says a government document released yesterday. "Biofuels (ethanol and biodiesel) are still viewed as 'green' energy sources

by some, however criticism of biofuels has also grown remarkably throughout recent years. . . ."

"Experiences in the U.S. and Brazil now suggest that existing biofuels production facilities are responsible for the generation of a range of new air- and water-related problems as well as recent concerns over human health."

THE CANADIAN PRESS

## Canadian Arctic melting season growing faster than others: Study

**SCIENCE** American researchers suggest the melting season for Arctic sea ice is growing faster across much of the Canadian Arctic than anywhere else in the world.

A recently-published article outlines how they used satellite microwave data to measure when sea ice begins to melt in the spring and when it starts freezing in the fall. The researchers were able to look with 99 per cent accuracy as far back as 1979 and examine the entire circumpolar globe, the first time

scientists have been able to do so.

They found that, on average, sea ice has started melting 2.5 days earlier every decade and begun to freeze 3.7 days later. That means the average melt season is just under 20 days longer than it was 30 years ago.

In Baffin Bay it is increasing about 20 per cent faster than the global average. And in the Beaufort Sea and Hudson Bay, the melt period is now a full month longer than it was in 1979.

THE CANADIAN PRESS

## Canadians urged to go Goat for Gold

**CHARITY** A pair of Langley, B.C., brothers want Canadians to Goat For Gold during the upcoming Winter Olympics.

Joel and Danny Nagtegaal have launched an innovative campaign that combines patriotism and philanthropy, encouraging Canadians to buy a goat for a needy African family for each gold medal Canada wins at the Games.

The goats donated cost \$34.50 each. For information visit [goatforgold.com](http://goatforgold.com).

KRISTEN THOMPSON/  
METRO CANADA

**More than two dozen die in mine fire**

A fire in a coal mine in central China killed at least 25 workers, state media reported yesterday. **THE ASSOCIATED PRESS**

# World

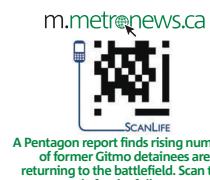
## Yemen wary of U.S. troops intervention

**Yemen's foreign minister said yesterday that his country opposes any direct intervention by U.S. or other foreign troops in the fight against al-Qaida.**

Foreign Minister Abu Bakr al-Qirbi told The Associated Press in an interview that "there is a lot of sensitivity about foreign troops coming to Yemeni territory."

His comments came as Yemeni security forces launched a manhunt for the suspected leader of an al-Qaida cell believed to be behind a threatened attack that forced the closure this week of the U.S. and British embassies in the capital city of San'a.

Security forces swept into several areas where the militant, Mohammed Ahmed



A Pentagon report finds rising numbers of former Gitmo detainees are returning to the battlefield. Scan this code for the full story.

day and Monday, and other Western missions limited or stopped their access to the public.

Security forces on Monday tried to capture al-Hanaq as he was moving through the Arhab region, prompting heavy clashes. Mohammed Ahmed and Nazeem al-Hanaq both escaped, but two fighters with them were killed. The U.S. and British embassies reopened the following day, saying the clashes had largely resolved the threat.

There have been media reports that U.S. cruise missiles or warplanes were involved in strikes carried out last month against several al-Qaida strongholds, which Yemen says killed at least 30 militants.

**THE ASSOCIATED PRESS**

### Peru Bonus baby



A child representing baby Jesus lies covered in cash as the hand of a man representing one of the Three Kings reads coca leaves in an Andean Indian market on Epiphany in Lima yesterday. Epiphany, also known as Three Kings Day, is celebrated by Catholics to commemorate the journey of the Three Kings who paid homage to baby Jesus.

### News in brief

**KENYA** A lone elephant charged out of the brush as an American family was hiking near Mount Kenya and trampled to death a mother and the one-year-old daughter she held in her arms, officials said yesterday. Four adults and the baby were walking with an unarmed guide when the elephant charged, said Kenya Wildlife Service official Michael Kipkewi.

**U.S.** President Barack Obama began his second year in office

with the second lowest job approval rating and highest disapproval rating of any president at that point in their term in 50 years. But the ratings do not necessarily predict political failure, since other presidents with low polling numbers have gone on to win re-election. According to Gallup, Obama started out his presidency with a 68 per cent approval rating. But that has dropped to 50 per cent going into 2010. **THE ASSOCIATED PRESS**

### Prostitute loses case against school

**NETHERLANDS** A Dutch court has rejected a claim by a woman who sued her former high school for allegedly failing to stop her from becoming a prostitute. Maria Mosterd claimed Thorbecke School should have done more to prevent pimps preying on her and should have told her mother about her repeated school absence.

**THE ASSOCIATED PRESS**

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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**Comment**

## Pitfalls of his and hers resolutions

**Relating****Steve Collins**

metronews.ca/collins

**S**o, it's been almost a week. How are those resolutions holding up?

I wish you luck. The delinquency rates are high,

and no wonder. This is a wretched time of year to embark on major renovations to one's finances, waistline, health or character.

Bad habits might be easier dumped in June, but we persist in picking this arbitrary date to spontaneously improve.

I've made one small, timid resolution, indeed one perhaps so incremental as to be meaningless. My beloved has a handful of se-

mi-ambitious ones and a better track record of making them happen.

I see no sign so far that either of our plans have us headed for couple trouble, which resolutions can bring about with unnerving ease.

First and foremost, resolution season has us focused on our faults, thus reminding our partners of a few minor glitches instead of the pretty damn OK overall package. Excessive dis-

satisfaction with oneself can be contagious.

We are also not always at our easiest to live with while in the throes of self-improvement.

You can also find yourself roped into resolutions you never made. If your partner is on a diet, especially if you live together, good luck not ending up on it yourself.

It probably helps to share your resolutions with each other, to get that gym buddy effect and reinforce your

respective resolve, but, in the face of entirely understandable failure, a little understanding goes a long way.

And please, please, refrain from making resolutions for each other, or even suggesting them, except in extreme circumstances.

Never far enough away, after all, is the ultimate hazard of this time of year: Getting resolved right out the door as your significant other starts taking stock and

deciding what stays and what goes in his or her life, and you end up on the latter list.

It's not for nothing that family lawyers mark D-Day (Jan. 8 or thereabouts), the day that they begin the greatest annual volume of divorce proceedings. I suspect a lot of these begin as New Year's resolutions. Be careful out there.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

**Views**

## Idiot box: Tuning out Berlusconi's TV culture

**FourthWave****Canice Leung**

metronews.ca/fourthwave

One of the joys of living in an immigrant household is the access to diasporic television. It connects you to your family's pop culture.

So I understand the preoccupation with the idea of femininity, something that seems to afflict Lorella Zanardo as well. Her documentary-manifesto, *Il Corpo Delle Donne* (Women's Bodies), was borne out of the frustration of watching Italian television turn

women into *veline* — bikini-clad talk show sidekicks.

In clips from the doc, the models are mocked for their ditziness, paraded before male talk show hosts in thongs, or (in a painfully literal analogy) hung from hooks like meat. Despite the treatment, *veline* are celebrities, so it's no surprise some young Italian women strive to become one.

"Real women's bodies have been hidden away; instead we are presented with an obsessively vulgar image made of silicone lips, thighs, breasts: The truth is removed and replaced with a mask," Zanardo narrates,

one she says robs women of their identities, opinions, and natural beauty. "Who are we? What do we want?

Why aren't all Italian women in the streets protesting against the way they are represented?"

I asked my friend Nina, whose family watches Italian shows the way mine watches Hong Kong ones, whether it was as bad as the doc suggested. It is, she said.

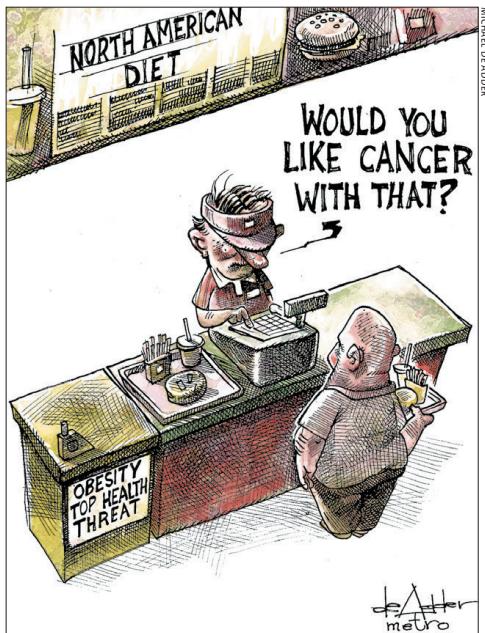
The root of the problem? "It's Berlusconi," she said, referring to Italian Prime Minister Silvio Berlusconi.

Before he ruled Italy's politics, he conquered its culture with his Mediaset empire of

TV stations. *Veline* are rampant on his channels.

It's shocking there's been little backlash until now, but Berlusconi's popularity among women, his primary supporters, is waning. I was heartened to read this from Italian Prof. Chiara Volpati in a New York Times op-ed: "Today there are two Italys: One Italy has soaked up Mr. Berlusconi's ideology either out of self-interest or an inability to resist his enormous powers of persuasion; the other is fighting back" — which means sooner or later, they're going to rise up and pull the plug on Silvio's TV set.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



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**Canada still wants names of tax evasion suspects**

Canada still hopes to persuade UBS to hand over the names of Canadian clients suspected of tax evasion, Revenue Minister Jean-Pierre Blackburn said on Tuesday. **METRO NEWS SERVICES**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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## Government debt a concern: Pollsters

**Canadians are starting to put their confidence back in the economy but their concern over government debt has risen, according to a new survey from Polaris Strategic Research.**

The study found that 54 per cent of Canadians surveyed in December expected the economy will improve in 2010. That's far more optimistic than at the same time last year, when Canada was in the midst of a major global recession.

Only 20 per cent of those surveyed in the previous poll for the Economic Club

### Slower growth

- The real challenge facing Canadians is not that the country will slip back into recession, but getting used to slower growth, economists say. An aging population and reduced demand are among factors that will determine how quickly the economy expands.

TORSTAR NEWS SERVICE

of Canada expected 2009 would bring better times.

The latest Pollara poll also found 17 per cent of re-

spondents believe Canada is in a period of moderate growth, compared with only six per cent who felt that way in 2009.

Pollara chairman Michael Marzolini told the Economic Club of Canada yesterday that while many Canadians' fears about the economy have abated, "the public has now shifted to focus on the growing national debt."

Marzolini said that the number of Canadians expecting higher taxes has doubled since the survey last year.

The poll results were col-

lected from 4,263 respondents on Pollara's online panel between Dec. 6-14. A sample of this size is considered to be accurate within 1.5 percentage points, 19 times out of 20.

The Pollara poll is the latest evidence that the Canadian economy is on the mend, after suffering the biggest downturn in decades starting in the latter part of 2008 and continuing until at least mid-2009. Although the Bank of Canada declared last summer that the recession had ended, and Statistics Canada's reports on gross do-

mestic product have supported that conclusion, some regions and some economic sectors are still struggling. The Bank of Canada has also warned that a stronger Canadian dollar could offset economic gains.

Craig Wright, chief economist for RBC Financial Group, said that he expects the loonie to rise above the U.S. dollar in the coming months before falling back to its current levels below parity by the end of the year. "We look at consumer spending picking up, some government

spending going forward," Wright said.

BMO Capital Markets chief economist Sherry Cooper said that even if the loonie touches parity, other currencies will prevent any major upswing.

THE CANADIAN PRESS

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## TSX sets trading, finance records

**MARKETS** The Toronto Stock Exchange set new trading and financing records last year, a period when the market gained just under 31 per cent in stock value.

Canada's dominant stock exchange owner, TMX Group, said yesterday that total financings raised \$60 billion for companies, surpassing the previous record of \$47.6 billion set in 2007.

Meanwhile, the total 2009 trading volume of 118.5 billion shares was higher than the previous record of 109.2 billion set in 2008.

A new record for transactions was also set in 2009: 191.3 million trades, compared with the previous record of 182.9 million.

Investors came back to the markets in late spring and helped push the TSX's

key index higher despite the recession. The rebound was led by rising oil, metal and commodity prices.

The total market value of stocks trading on the TSX jumped to nearly \$1.8 trillion by the end of 2009, from under \$1.3 trillion a year earlier.

"As we look to 2010, we are optimistic that the signs of economic recovery seen at the end of 2009 will continue and that organizations will turn to our markets to raise the capital required to fuel their growth," said Kevan Cowan, president of TSX Markets and group head of equities. "Our focus is to provide a strong, central, neutral and highly liquid marketplace to facilitate access to capital for companies of all sizes."

THE CANADIAN PRESS

### Las Vegas In your face



Mitsubishi 3-D glasses are shown in front of an 82-inch Mitsubishi Home Theatre TV with 3-D Ready technology at the Consumer Electronics Show (CES) in Las Vegas, Tuesday. Riding what could be one of the next big waves in consumer electronics, 3-D TV sets will likely cost \$200 to \$300 US more than comparable flat-panel sets without 3-D capabilities, which already run more than \$1,000, officials say.

### B.C. firm cashes in on Palin specs

**RETAIL** A year after Sarah Palin made rimless eyeglasses with wide arms a fashion statement, the style remains a best-seller at Coastal Contacts, the world's largest online retailer of contact lenses and eyeglasses.

It probably helps that the Vancouver-based company charges a fraction of the price for its knock-off version. Coastal Contacts charges just \$49.95, including the lenses, for its "Sarah Palin 8001," while the real thing, made by Japanese designer Kazuo Kawasaki, goes for \$366 U.S. on his website.

Still, it surprised even Coastal Contacts that it remains a best-seller even after the former U.S. vice-presidential candidate Palin popularized it during the U.S. elections.

THE ASSOCIATED PRESS

# Clear goals can help investors



Investing ultimately comes down to risk and return.

RAFAEL BRUSILOW  
for Metro Canada

**Taking the reins of your own investments can feel both exciting and daunting, but knowing yourself and your own financial goals can make the process a lot easier.**

Jason Storsley, president and CEO of RBC Direct In-

vesting, says the key to starting on any investment path is to understand first what it is you hope to get out of your investments.

"The first starting point for any investor is to understand what their goals are, and how much monthly saving they need to achieve those goals," Storsley said.

Ultimately, what invest-

**"The first starting point for any investor is to understand what their goals are, and how much monthly saving they need to achieve those goals."**

Jason Storsley

ing comes down to is risk and return, and how much of the former you're willing to take on will usually determine how much of the latter you can reasonably expect to make.

"What it essentially comes down to is, what level of risk are you comfortable taking to achieve your goals? A lower return gives more safety, while a higher return carries more risk," Storsley said.

Investors should always plan out whether their financial goals are more short-term, such as saving a few thousand dollars to pay off a credit card debt or to put a down payment on a new car, or more long-term, such as collecting a down payment for a house or saving up for a child's education.

The clearer and more specific you are with yourself, the easier it will be to determine what level of risk and overall investment you should pursue.

Storsley suggests most people fall into one of six investor categories. Which category you fall into can make a big difference in the types of investment decisions that will fit your own investment goals:

- **Secure investors** prefer the least amount of risk possible, usually because they want to make sure their initial investments remain as secure as possible. These types of investors prefer to maintain the security of their money for a noticeably lower rate of return.

- **Income investors** are often secure investors who prefer to have their money provide a steady, regular cash flow stream that they can count on while maintaining a steady value on the initial investment. Income investors frequently branch out to income-producing investments such as government bonds and Guaranteed Investment Certificates (GICs).

- **Conservative investors** are willing to take a few more risks to secure a slightly higher rate of return, but they still shy away from particularly risky investments. Occasionally, conservative investors might dabble in a risky investment or two, but generally, they keep the vast majority of their holdings in relatively safe, steady investments.

- **Balanced investors** are

more comfortable with taking risks and are willing to take a bigger stab at investments with higher risk-reward potential. Yet, they like to offset their riskier investments with a substantial portion of secure investments. Essentially, they keep a bedrock of lower-return investments in one half of their portfolio and more volatile holdings in the other half, ensuring a good chunk of their initial investment is protected while still being able to see potentially strong returns.

- **Growth investors** are comfortable with riskier investments, but they have the patience to approach their investment strategy from a long-term view. They don't need regular income from their investments and look to benefit from the stock market's long-term growth potential. Growth investors tend to invest in riskier options they believe will benefit in the long run and then hold those investments through downswings.

- **Aggressive investors** have a high risk tolerance and want to make their money grow as quickly as possible over a long-term period. They understand that the value of their investments could fluctuate greatly over time and are willing to risk significant portions of their initial investment to achieve a higher rate of return.

Once you've decided on your investor profile, RBC's online Asset Mix Calculator can help you build a portfolio already matched to your investment goals by compiling an asset mix that has been pre-screened by RBC experts.

"The Asset Mix Calculator will walk you through all the steps of the process to fit your individual investor style," Storsley said.

RBC Royal Bank branches can provide you with a comprehensive Investor Profile questionnaire and RBC advisers can help guide you through your answers to make sure you get an accurate picture of what kind of investor you are.

## On the web

- For more on RBC Direct Investing, log on to [rbcdirect-investing.com](http://rbcdirect-investing.com).



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**NBA suspends Arenas**

NBA commissioner David Stern indefinitely suspended Gilbert Arenas without pay yesterday, saying the Washington Wizards guard is "not currently fit to take the court." **THE ASSOCIATED PRESS**

9

# Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA



Calgary's David Moss turns the corner looking for the puck and is trailed by Minnesota defenceman Marek Zidlicky during last night's action.

## Wild snap Flames' winning streak

**NHL RESULTS**

Calgary 1 Minnesota 4



**Eric Belanger scored twice and the Minnesota Wild beat the Calgary Flames 4-1 last night to end a four-game losing streak.**

Kyle Brodziak and Cal Clutterbuck also scored, and Niklas Backstrom made 25 saves for Minnesota, which allowed at least four goals in each loss during the streak.

Olli Jokinen scored for Calgary. The Flames lost for the first time in six games. They allowed one goal in each game in their five-game winning streak.

Although the Flames won 3-1 in Nashville on

Tuesday night, coach Brent Sutter was critical of his team for allowing the Predators to control play in the final period of a tight game. That carried over against the Wild, which didn't take advantage of its chances in a 4-1 loss in Chicago on Tuesday night. Minnesota outshot Calgary 35-26.

Playing in his 600th NHL game, Belanger gave Minnesota a 3-1 lead midway through the second period with his second goal of the game.

THE CANADIAN PRESS

Owen Nolan dumped a pass into the Calgary zone, and Belanger outraced Jay Bouwmeester to the puck in the right circle before lifting a harmless-looking backhander over Miikka Kiprusoff, who lost his third straight game against the Wild.

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**SCOREBOARD****NHL****YESTERDAY'S RESULTS**

**Minnesota 4 CALGARY 1**  
Philadelphia 6 Toronto 2  
Buffalo 5 Tampa Bay 3  
N.Y. Islanders 3 Colorado 2  
N.Y. Rangers 5 Dallas 2  
St. Louis 5 San Jose 4

**TODAY'S GAMES**

Chicago at Boston  
Ottawa at Washington

N.Y. Rangers at Atlanta  
Florida at Montreal  
Philadelphia at Pittsburgh  
Carolina at Nashville  
Columbus at Edmonton  
Phoenix at Vancouver  
St. Louis at Anaheim  
Detroit at Los Angeles

**NBA**

**YESTERDAY'S RESULTS**  
Toronto 108 Orlando 103

Atlanta 119 New Jersey 89  
Boston 112 Miami 106 (OT)  
Cleveland 121 Washington 98  
Golden State 107 Minnesota 101  
New Orleans 97 Oklahoma City 92  
Phoenix 118 Houston 110  
San Antonio 112 Detroit 92  
Utah 117 Memphis 94  
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China	2.9 ¢	Oman	14.9 ¢	Russia	2.9 ¢
Ecuador	12.9 ¢	Fiji	24.9 ¢	Saudi Arabia	3.9 ¢
El Salvador	9.9 ¢	Ghana	9.9 ¢	South Korea	2.9 ¢
Jamaica	8.9 ¢	Greece	2.9 ¢	Sri Lanka	11.9 ¢
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## 10 sports

### Sports in brief

**UFC** The UFC has pencilled in June 12 as its debut show in Vancouver, according to a source. City council paved the way for the mixed martial arts juggernaut to come to the West Coast when it approved a two-year trial period for the sport last month.

**HENRY** Police won't charge the fiancée of late Cincinnati Bengals receiver Chris Henry in connection with his death last month. Charlotte-Mecklenburg police announced yesterday there was no evidence that Loleini Tonga drove recklessly or with excessive speed last month when

Henry came out of the back of her pickup truck on a curvy, residential road and suffered fatal injuries.

**DUI** Former NHL defenceman Chris Chelios was arrested last month and charged with drunk driving and speeding in suburban Chicago. Westmont police say the 47-year-old Chelios, who now plays for the AHL's Chicago Wolves, was driving alone in his pickup truck when he was pulled over shortly after 4 a.m. on Dec. 28 for speeding and improper lane usage.

**CFL** The Saskatchewan Roughriders say they need

more time to decide whether general manager Eric Tillman has a future with the team. There are questions about his future with the CFL club since he pleaded guilty earlier this week to sexually assaulting his children's teenage babysitter.

**TENNIS** Top-ranked Roger Federer and No. 2 Rafael Nadal each won in straight sets yesterday to reach the quarter-finals at the Qatar Open. Swiss star Federer beat Evgeny Korolev of Russia 6-2, 6-4, and Nadal, of Spain, defeated Potito Starace of Italy 6-2, 6-2.

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The Miami Dolphins have signed B.C. Lions fullback Rolly Lumbala. The six-foot-two, 238-pound Lumbala was selected ninth overall by B.C. in the 2008 Canadian college draft and spent the last two seasons with the CFL team. **THE CANADIAN PRESS**

**Lumbala leaves CFL for Dolphins**

# Dawson elected into Hall of Fame

Alomar, Blyleven fall just shy of honour

**Andre Dawson got up at 6 a.m. and went to the gym. Before going back home, he took a detour from his usual routine on the day Hall of Fame voting is announced.**

"I went by a cemetery to visit my mom and also my grandmother," he said. "It's the first time I had done that. I just felt a little bit more optimistic about this year, and I just wanted to share a few things at that grave site. It meant a lot to me to get out there."

Dawson's faith was rewarded a few hours later yesterday, when he was elected to the Hall in his ninth try. He was the only player honoured, as Bert Blyleven fell five votes short and Roberto Alomar fin-

ished eight shy.

Dawson received 420 of 539 votes in results announced by the Baseball Writers' Association of America, 15 more than the 75 per cent necessary to gain

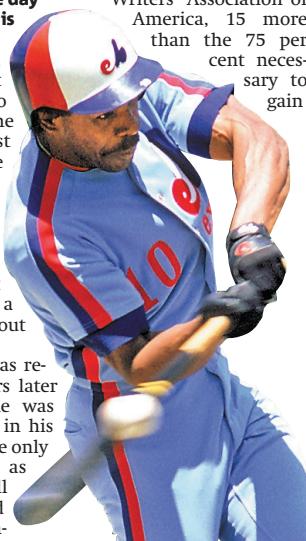
election. The eight-time all-star outfielder was 44 votes short last year.

"If you're a Hall of Famer, eventually you're going to get in no matter how long it takes," Dawson said during a telephone conference call. "As I sit here, the only thing I can think of is that it was well worth the wait."

Dawson hit 438 homers with 1,591 RBIs in a career that spanned from 1976-96. Nicknamed "The Hawk," he was voted NL Rookie of the Year in 1977 with Montreal and NL Most Valuable Player in 1987 with the Chicago Cubs, the first member of a last-place team to earn that prize.

Joined by Barry Bonds and Willie Mays as the only players with 400 home runs and 300 stolen bases, Dawson also spent time with Boston and Florida.

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**Anderson takes gold**

Alpine snowboarder Jasey-Jay Anderson won gold yesterday in a World Cup parallel giant slalom race on a tricky Austrian course. **THE CANADIAN PRESS**



# Vancouver Games

EDITOR: DON.MCHOUILL@METRONEWS.CA

## Eagle returns to take part in torch relay

It's as close to Olympic glory as Eddie (the Eagle) Edwards is going to get these days.

The British man who became a folk hero during the 1988 Calgary Olympics for his geek-chic and infectious smile — despite placing dead last in ski jumping — has returned to Canada as an official torchbearer in Winnipeg.

The favourite Olympic underdog was to run 300 metres with the flame this morning to usher it out of the Manitoba capital.

Although his own dreams of glory were dashed over two decades ago, Edwards is throwing himself into his torchbearing duties with as much gusto as he did on the ski jump as Britain's one-man team.



Eddie Edwards

"It's great. I'm loving it," Edwards said yesterday between a curling lesson at a Winnipeg rink and ice-skating on Manitoba's frozen rivers.

"I'm honoured to be asked to take part in the Olympic torch relay and be a part of the Canadian Olympic ideals and dreams and aspirations."

The 45-year-old had been ski jumping for just two years when he decided he wanted to participate at the 1988 Olympics. Back then, there were fewer restrictions on who could compete and Edwards put his name forward.

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# High expectations

Men's aerialists hope to avoid repeat of Turin disappointments

**Their reactions ranged from confusion to optimism to bitter disappointment.**

Four years after a disastrous showing at the 2006 Olympic Games, Canada's top men's aerialists are in a far better state of mind this time around, confident they can put the memories of Turin behind them.

Steve Omischl is the lone Canadian to have already secured his spot for the Vancouver Games while Ryan Blais, Warren Shoultice and Kyle Nissen are also hoping to make the Olympic team and help Canada deliver on high expectations next month at Cypress Mountain.

They opened their World Cup season in December at Changchun, China, where Omischl was the top Canadian, earning a fourth- and a fifth-place finish. The preparation continues this weekend with a World Cup in Calgary.

The Canadian men are no strangers to pre-Olympic hype. Omischl, a native of North Bay, Ont., who now lives in Kelowna, B.C., was the defending World Cup

**"I definitely bit off more than I could chew."**

Steve Omischl

champion four years ago. But he was battling a plantar fasciitis injury that cost him several months of competition leading up to the Games. Ever the daredevil, Omischl attempted a difficult jump in the qualifying round, but botched the landing and ended up a disappointing 20th.

"I definitely bit off more than I could chew, and after coming off an injury, that was probably ill-advised," Omischl said during a recent interview.

"The whole coaching staff would probably agree with that, but that's what happens after coming off an injury and not training very much that year and then

trying to do something harder than you're capable of. That's probably not the best scenario." For Omischl and former national team veteran Jeff Bean, who also failed to qualify for the final, the result was devastating. Omischl was a wreck

Learn more about Steve Omischl in an interactive profile at [metronews.ca/sports](http://metronews.ca/sports) afterward, suggesting the qualifying miss was one of the worst moments of his life.

When asked if he has forgotten about the Turin fiasco, Omischl paused.

"Well, it's ... nothing is ever behind you," said Omischl, who finished 11th at his first Olympics in Salt Lake City.

"You learn from what experiences happen throughout your career."

One of the lessons Omischl learned in Italy? Don't overcompensate.

"If anything, I'm just going to carry that knowledge that if I do have a minor setback or an injury going into Vancouver, that I don't have to, to use a cheesy hockeey analogy, 'grip the stick' so tight," he said.

"I don't have to try that hard if I have a setback, I just kind of need to relax and trust in my abilities."

THE CANADIAN PRESS



**Thousands of banners being hung in Vancouver**

The city of Vancouver has started installing thousands of lampost banners displaying official Olympic logos in the lead-up to next month's Winter Games.

The 6,000 banners will be erected in the coming weeks throughout the city, featuring images of Olympic events and the official shades of blues and greens that make up the so-called look of the Games.

Vancouver is spending about \$650,000 on the project, with about half that paying for the banners and the rest covering the cost to put them up.

After the Games, the banners will likely be used for other purposes — as in the past, when about 700 banners celebrating Vancouver's successful Olympic bid were turned into backpacks for inner-city school children.

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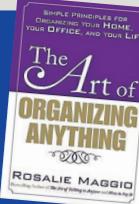
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## Cleaning up all that big Christmas mess

JON TATTRIE  
for Metro Canada

**Struggling with post-Christmas clutter can suck the holiday cheer out of any home as festive lights yield to January bleakness, so Metro asked professional organizers for tips on reclaiming your space.**

Jane Veldhoven, owner of the Halifax-based Get Organized!, says the first step is out with the old to make room for the new.

"I see so many people spending time moving their stuff from one place to another, when in reality there is just way too much stuff and no matter how much organizing you do, it's never going to be under control," she says.

Go online to offload your old TVs and sweaters. Use Facebook, Kijiji, Craigslist and your local freecycling site to find new homes.

"You post something on there you think no one will want, and lo and behold, there they are," she says. "It amazes me."

If that doesn't work, give your excess baggage to furniture banks and charity stores. Veldhoven connects clients to an artistically inclined church that regularly funnels unwanted items to amateur artisans, who happily recraft them.

Rosalie Maggio, author of The Art of Organizing Anything, says don't fear the clutter. "Here's my theory: If you have clutter in the house, there's proba-



Tidying after the holiday may seem daunting, but as author (of The Art of Organizing Everything) and consultant Rosalie Maggio says, "Procrastinating has its place."

**"No matter how much organizing you do, it's never going to be under control."**

Jane Veldhoven on the virtues of selling your old stuff

bly room for it in the house," she says. "What blows a lot of people is that it's so much to deal with."

So don't deal with it. Take Santa and the lights down, stuff things under the bed and make your house livable. Then forget about it until February.

"Procrastinating has its place," the California-based consultant says.

When you do start, break it down. Line up the rooms and go after them one by one. Channel the clutter as you go by starting a pile at the front door for things leaving the house, one for keys, one for mail and even

one for things that have no immediate home. This keeps things moving toward their intended destinations, cutting clutter off at the pass. When you get to re-storing things, use the unused spaces under the bed for clothes or nets hanging from children's bedroom walls for toys or in the garage for sports equipment.

In the end, it only matters if it bothers you and your housemates, Maggio says. "There are people who are just a mess, and they're fine. It's only other people who say, 'Do you have enemies? Who did this to you?'"

### Beat the winter blues with some warm hues

**DECOR** CBC daytime hosts Steven and Chris have tips to beat the seasonal blues with some decorating boosts that embrace the latest trends — and you may not need to spend a dime.

The decor duo, Steven Sabados and Chris Hyndman, say the first step is to look through what you already have with fresh eyes and think about arranging things in your home a little differently.

**• Group Finishes:** Warm metallics are this season's rage. Bring out the bronze, brass or gold accessories, frames and bowls and group them together on a simple tray. Just as in fashion, we are seeing designers mixing and matching with silver and gold, so give it a try.

**• Display the handmade homespun:** Employ vintage with a vengeance. Bring out that handmade quilt and display it on a plain sofa or chair, or pull out that earthy pottery bowl from the craft fair. These "back to basics" are great as decor accents, but be mindful of moderation. Limit yourself to one trend — the careful contrast between old and new can be the most effective way to accessorize your space.

**• Embrace Colour:** Seek saturated jewel tones in amber, plum or peacock blue. Pull out all of your objects in one colour and group them. For example, take an amethyst-coloured glass vase and pack it full of deep purple tulips.

**• Pick Patterns:** Checks and tartans are huge this season. For that warm country classic feel, go for a tartan with rich colours. The key is to build the look — for example, a Royal Stewart plaid could be great with a big wooden bowl of Macin-

tosh apples or red candles.

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There are many more decor ideas from Steven and Chris online at cbc.ca/stevenandchris, check it out.

NEWS CANADA

### Renovating the basement?

**PROJECT** Are you looking for a feel-good home project that will upgrade your living space and give you more room that you desperately need for a growing family? Start with a home renovation project like finishing your basement.

If you are worried about the expense of renovating, well, government grants available can ease your worries! Natural Resources Canada is offering renovation rebates through the ecoENERGY retrofit program of up to \$1,350.

Additional provincial

grants available will help offset your renovation costs so whether you hire a contractor or do it yourself, your renovation project can fit into any budget.

Most homeowners think renovating a basement will be a time-consuming and costly project, but that doesn't have to be the case," says David Flood, insulation expert at Owens Corning. "The government grants are helping homeowners with their renovation projects to help improve energy efficiency in homes nationwide."

NEWS CANADA

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**Another sound dampening option**

Fabric draped from the ceiling will also help keep sound from bouncing around (see column below). Large plants also help absorb sound, and paintings on canvas have some sound absorption qualities, but predictably, art encased or covered in glass does not. **METRO NEWS SERVICES**

**metro homes** **13**

# After the holidays, some tips for quiet time

**HomeScape**

**Sylvia Putz**

[metronews.ca/homescape](http://metronews.ca/homescape)

**B**arking dogs, crying babies, internet and TV chatter, and the sound of video games being played over and over again were all part of the holidays for me.

But I'm happy to report that, with the season safely behind us, I'm relishing the relative quiet of my work and home environment.

It also leaves me some time to re-

flect on how to go about minimizing noise in a household during those times of raucous merry-making.

I've discovered that our kitchen, now so charmingly open and accessible to all (thanks to long-awaited renovations), is loud during large gatherings. All the lovely new hard surfacing such as tiles and countertops and backsplashes reflect right back at you the loud laughs, clattering dishes, excited dog barks and shrieks from over-stimulated children.

Sensible people

might consider rationing the sugar and leaving the dog in a doggie hotel, and I might just consider it next year. Of course, I might have also anticipated noise and built sound attenuation technology into my home, but that didn't happen. So for those of you in a similar situation, let me pass on the results of my reflections on how home decor can easily be used to help minimize noise.

If a home is newly built or renovated or is simply sparsely decorated, sound waves have many smooth, reflective surfaces to bounce from, unobstructed, and noise becomes an issue. Particularly in a large room, such as a family room, you need soft (porous) surfaces to absorb noise rather than reflective hard surfacing.

That doesn't mean every surface has to be

covered in fabric. A good rule of thumb is to cover at least 25 per cent of surfaces in a room in fabric or sound-attenuating finishes.

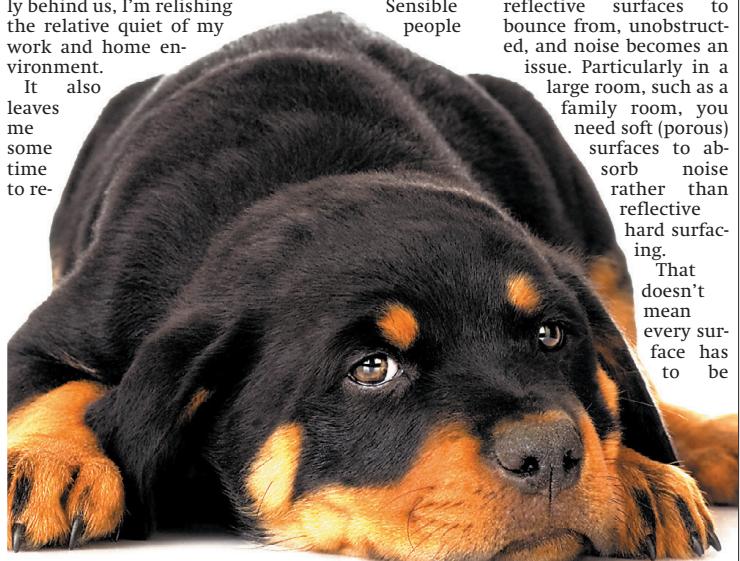
For example, a rug on the floor — on any type of

uncarpeted flooring — will do wonders. Not only does it prevent loud clattering and footfalls, but it helps absorb ambient noise.

Sofas and chairs upholstered with fabric also

provide a surface that absorbs noise, as do fabric cushions and throw blankets.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; [sputz@arrestingdesign.com](mailto:sputz@arrestingdesign.com).



If you're thinking of putting the dog in the kennel for occasions due to noise, try these tips to control sound first.

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Cindy Crawford refuses to wear the '80s trend because she was around the first time it was popular. The 43-year-old supermodel — who quit full time modelling in 2000 — doesn't always wear what's in fashion because she now knows what flatters her. FEMALEFIRST.CO.UK

# Style



EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## How the West is worn

Thousands of cowboys and cowgirls will be decked out in their Western finery at the National Western Stock Show in Denver this month. So what is today's well-dressed cowboys and cowgirls to wear? A clean hat with a carefully creased crown, maybe in a style called "Cattleman" or "Montana" or "Gus." They might also wear a brightly coloured shirt and heavily starched jeans. Left: A cowgirl-inspired design from Canadian design label Dsquared2.

THE ASSOCIATED PRESS

# Canada's Next Top Paper Dolls

Fashion designers commemorated in cutouts

JANINE FALCON  
for Metro Canada

**DESIGNS** In the early days of her enthrallment with fashion, when she was a

child, fashion illustrator Danielle Meder checked costume-history books out of the library and used them as reference to make paper dolls and elaborate cut-out paper gowns.

She moved on to other mediums as she grew older, but returned to paper dolls last fall to commemorate Toronto LG Fashion Week's spring/summer 2010 collections.

"Every time fashion week comes around I look for a way to cover it that is different," said the Ryerson fashion grad in an interview with Metro. "The season before, I did water-colour postcards."

In total, Meder's charming project consists of 15 designer collections (including Vawk, Evan Bidell, Jessica Jensen, Pink Tartan and even Sears Attitude), 17 paper dolls and more than 60 items of clothing and accessories. "I did the drawings by hand, inked the outlines, scanned them, and coloured them in Photoshop," explains Meder. Each doll took about three hours to complete.

Paper Dolls is available as a bound book printed on heavy stock for \$43 US from blurb.com, as well as in PDF form for \$17.95 directly from Meder via final-fashion@gmail.com. A free mini download is also available on her blog, final-fashion.ca.



Fashion illustrator Danielle Meder's new Paper Dolls book, depicts spring/summer 2010 collections from Toronto Fashion week. Left: Vawk design.

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## Mark Fast talks design principles

**PEOPLE** Any up-and-coming designer would be giddy at the opportunity to dress Lady Gaga, the fashion world's latest style icon.

Not that the 29-year-old designer has anything against celebrities.



But when the pop star's stylist approached Mark Fast to borrow some of his body-hugging knitwear designs, the Canadian-born, London-based designer politely declined.

"I love her music and that Bad Romance song is stuck in my head all the time, but we don't necessarily have to accept everyone just because they are famous," says the soft-spoken designer.

"My work is about a lifestyle. It's not fast-food fashion. It's not about trends, it's about classic, it's about the body, it's about beauty. Maybe that gets lost in the picture with certain celebrities."

Expectations are high to see what magic he will weave for his next show at London fashion week in February.

TORSTAR NEWS SERVICE

**Williams stars in Chicago**

Former Destiny's Child star Michelle Williams will see her name in lights next month when she high-kicks her way into the starring role of Roxie Hart in Chicago on Broadway. **METRO NEWS SERVICES**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Ke\$ha's Animal is irresistible

**Ke\$ha**

**Album:** Animal  
**Label:** RCA/Sony  
**Rating:** 

**THIS ISN'T THE** sort of album that critics are supposed to like. It oozes autotune and celebrates a frat-girl culture where the two most important things in life are getting naked and guzzling Jack. Still, these songs are irresistible. As a matter of fact, the first single, TiK ToK, is the first No. 1 hit of the new decade. There's almost a Zappaeque quality to the adolescent hedonism depicted here. How can you not fall in love with a song like Party at a Rich Dude's House?



Is there, after all, anything better than drinking other people's Dom Perignon ... guilt free? Then there's that voice. It may not possess the power of Streisand, but — unique and readily identifiable — it does have its virtues. And how about those freckles? We're going to be hearing a lot more than just TiK ToK from this.

Graham Rockingham/for Metro Canada

**The Parkas**

**Album:** You Should Have Killed Us When You Had the Chance  
**Label:** Saved by Radio  
**Rating:** 

**IF TORONTO GROUP** the Parkas broke up after its last lackluster album,

Ke\$ha's debut album *Animal* features the hit single TiK ToK.

no one would have been upset. Instead the band's four members simultaneously quit and released the best album of their career. On their third record, they finally found themselves.

They've made pop and rock records before, but this is the first time they've melded straight-up rock with quirky pop. And the results are admirable. Every track is as catchy as the next and

they perfectly balance aggressive sounds with touching pop sensibilities. Hopefully there will be a reunion in the near future.

Bryan Borzykowski/for Metro Canada

**By Divine Right**

**Album:** Mutant Message  
**Label:** Hand Drawn Dracula  
**Rating:** 

**BY DIVINE**

**RIGHT** is a bit like the Second City of music. Musicians join the band to hone their chops then leave for greener pastures (Brendan Canning, Leslie Feist and Brian Borcherdt to name a few). That leaves José Contreras, the group's founder, to guide the band through

**AlbumReviews**

music@metronews.ca

different incarnations, sounds and eras. The group, now a trio, deliver a beautiful collection of psychedelic indie rock sounds on its first disc in five years. It's not unlike some past work, but with new bandmates it feels fresh and re-energized. Pisco Sour is an especially fun and bouncy tune.

Bryan Borzykowski/for Metro Canada

**On the web** 

- Read Metro's reviews of the new albums from Mudvayne and Diana Panton at metronews.ca/music.

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# 16 entertainment



Move over Kim, Khloe and Kourtney: A new Kardashian will soon be entering the spotlight. Kendall Jenner, 14 — daughter of Kris Kardashian and Bruce Jenner — recently signed on to Wilhelmina Modeling Agency. METRO NEWS SERVICES

## Private funeral for Casey Johnson

The body of socialite and Johnson & Johnson heiress Casey Johnson will be flown east for a private funeral, a family spokesman said yesterday. Johnson, 30, will be laid to rest later this week in a service attended by immediate family, spokesman Jesse Derris said. He declined to provide the location or any additional details.

Johnson, whose father is New York Jets owner Robert (Woody) Johnson,

was found dead in her Los Angeles home Monday. An autopsy conducted Tuesday was inconclusive and the cause of her death was deferred pending results of toxicology tests, which could take a month or more.

Johnson, dubbed the "baby-oil heiress" by the New York Post, announced last month that she was "engaged" to bisexual reality TV star Tila Tequila.

THE ASSOCIATED PRESS

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
17/10	267	351	6 - ACCESS	Alberta Primetime (Live)	<i>The Interpreter</i> *** (2005, Suspense) Nicole Kidman, Sean Penn, Catherine Keener.				Primetime		
	243	317	3 CFCN	etalk	<i>Access H.</i>	<i>The Mentalist</i> (HDTV)	<i>CSI: Crime Scene Invstgn.</i>	<i>CSI: Crime Scene Invstgn.</i>	CTV News		
	-	4 OMNI	King/Queens	<i>The Simpsons</i>	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Friends		
	371	5 KXLY	(6:30) College Football	Citi BCS National Championship Game -- Alabama vs. Texas.					Entertainment		
	245	306	6 CBRT	Wheel Fortune	<i>Jeopardy!</i> (N)	<i>The Nature of Things</i> (N)	<i>The Border</i> (N)	<i>CBBC News: The National</i>	The Hour		
	244	338	7 CICT	Et Canada	Entertainment	90210 "The Porn King"	<i>Bones</i> (HDTV PA)	<i>The Office</i>	<i>The Office</i>	News Hour	
	246	- 8 CKAL	Law & Order: Special Victims		<i>The Day Leno Show</i> (N)	Community	<i>Parks-Recreat</i>	30 Rock	30 Rock	Your City	
	119	705	9 CBXFT	Virginia (SC)	<i>Gars, file</i>	Zone doc (HDTV) (N) (SC)	3600 secondes d'estate (SC)	Le Journal Nouvelles. (SC)	La Zone (SC)		
	-	- 10 SHAW	(6) Local Programming					Local Programming			
	-	372	12 KREM	News	<i>Access H.</i>	<i>The Doctors</i> (N)	<i>CSI: Crime Scene Invstgn.</i>	<i>CSI: Crime Scene Invstgn.</i>	<i>The Mentalist</i>		
primetime	-	374	14 KSPS	PBS NewsHour (N)	<i>Remember When Nat Park</i>	<i>Sherlock Holmes Mysteries</i>	Mi-5 (HDTV)		Soundstage		
	508	390	15 CBC	CBC News: The National	<i>The Nature of Things</i>	<i>CBBC News: The National</i>	<i>CBBC News: The National</i>		Nature-Things		
	-	370	16 KHQ	News	<i>Millionaire</i>	<i>Jeopardy!</i> (N) <i>Wheel Fortune</i>	<i>Community</i>	<i>Parks-Recreat</i>	<i>The Office</i>	30 Rock	Jay Leno Show
	-	373	22 KAYU	The Office	<i>Raymond</i>	Two/Half Men	<i>Bones</i> (HDTV PA)		<i>Fringe</i> "Grey Matters"		News
	297	652	37 WPIX	Supernatural (HDTV)	PIX News at Ten Tong.						
news	508	500	29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)		Two/Half Men	Friends	Friends	Accordring/Jim	Family Guy
	508	502	31 CNN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight			Larry King Live	Cooper 360	
	400	400	21 TSN	NHL Hockey	(College Football) Citi BCS National Championship Game -- Alabama vs. Texas.				SportsCentre	NFL Presents	Billiards: Trick
sports	408	418	27 net	NHL Hockey	Columbus Blue Jackets at Edmonton Oilers. (HDTV) (Live)				Sportsnet Connected (N)	Sportsnet Connected (N)	Teius Oliers
	410	403	30 SCORE	WEC Best of 2009	The best fights of the year from WEC.	Score Now			Score Now	Score Now	
family	411	457	40 OLN	Operate-Repo	Operate-Repo	<i>Ghost Hunters</i>	Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters	
	417	405	48 SPEED	Pinks Outtakes	Jacked!	Wrecked	Pass Time	Pinks - All Out (HDTV)	Pinks - All Out	Pinks Outtakes	
cable variety	552	543	20 YTV	iCarly	To Be Indie	iCarly Fries That?	Malcolm-Mid. Hates Chris	8 Simple Rules	What I Like	Family Biz	
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny Chance Zack & Cody	Oversuled!	Han. Montana Wizards-Place	Latest Buzz	Ned's School	
cable variety	555	545	67 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	6TEEN	Futurama	King of the Hill	The Matrix
	575	583	11 CMT	According-Jim	Home Improve.	Home Improve.	UnStable (N)	Star Crossed	Amer. Funniest Home Videos	Reba	
cable variety	553	546	17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan
	505	398	19 TWIN	(5) EarthWatch One		EarthWatch One	Dine With Me	Love It-List It	Confidential	Confidential	Divine Design
cable variety	608	568	23 W	House-Sell	House-Sell	Supernanny					
	524	560	26 TLC	American Chopper (N)		BBQ Pitmasters (N)	American Chopper	BBQ Pitmasters (HDTV)	Amer. Chopper		
cable variety	603	561	25 FOOD	Extreme Cuisine-Jeff Corwin	Ace of Cakes (N)		Restaurant Makeover	Diner, Drive-In	Unwrapped	Ext. Cuisine	
	615	562	26 A&E	The First 48 "Last Wish"		The First 48 (HDTV)			The First 48 (10:01)	The First 48	
cable variety	617	522	32 SHOW	Trailer Park	Trailer Park	Relic Hunter			Poison Ivy: The Secret Society (2008, Drama)		Cra\$h & Burn
	601	562	33 CLIC	Last 10	Last 10	Re-Vamped			ET Canada	What Happen?	Real Housewives of Jersey
cable variety	-	633	34 ENC2	Rosa Rosa	(7:20) Crossover * (1980, Drama)	Other People's Money *** (1991, Comedy)			Housewives		
	520	505	35 DISC	Me Bea	MythBusters	Daily Planet	Mega Bea	Mega Bea	Ally McBeal	Mega Bea	
cable variety	620	523	36 BRAVO	Foolproof ** (2003, Suspense)	Ryan Reynolds.	Law & Order	Without a Trace				
	294	650	40 WPCH	Lav & Order: SVU	Just Friends ** (2005, Romance-Comedy)	Amy Smart			The Office	Just Friends ** (2005)	
cable variety	624	547	41 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Demetri Martin
	-	539	42 TCM	(6) The Barretts of Wimpole Street		Beat the Devil (1934, Comedy-Drama)			(10:01) Madame Bovary (1949)		
cable variety	628	584	43 SPIKE	TNA Wrestling	Hulk Hogan will make his first live appearance on Total Nonstop Action.				MANswers	GameTrailers	MANswers
	522	516	45 HIST	Ancestors	Ancestors	Pawn Stars	Pawn Stars	Ancient Discoveries	Ancestors	Ancestors	Nostradamus
cable variety	627	528	46 SPACE	Locusts: The 8th Plague (2005, Science Fiction)			Market Call Tonight	Star Trek: Next Gen	Star Trek: Next Gen	Lost	
	-	47 AMC	(6) Unforgiven **** (1992, Western)	The Closer "Next of Kin"	Cold Case	Homelander *** (1967, Western)	Paul Newman, Fredric March.				
cable variety	619	525	49 TROP	Planet Soap	Comeback	Reality	What Happen?	Family Guy	Seinfeld	Seinfeld	'70s Show
	600	564	50 HGTV	House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes Inspection	House-Bryan	Real Renos	Holmes-Homes
cable variety	501	591	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	
	508	508	57 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play
cable variety	526	507	52 VIVA	The Closer "Next of Kin"	Cold Case	Psychic Inv.	Ghostly Enc.	Judging Amy			Missing
	269	350	53 ARTN	Wapao Bay	By the Rapids	Hockey	Moose TV	By the Rapids			
cable variety	-	94 MCP	World News	News	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections
	571	581	100 MMM	Ringo Starr: Off the Record	Entourage	Wild 'n Out	mmtop10.ca	Ringo Starr: Off the Record	Entourage		
cable variety	570	580	101 MM	My Date With... Best of the MuchMusic Countdown '09				So You Think You Can Dance		Dance	
	581	586	102 MTV	Jersey Shore	Jersey Shore (N)	MTV Live	After	The Real World		Jersey Shore	
cable variety	-	116	105 TV5	(6) Un oeil sur la planète	Humanima	Hors série	TV5 Le Journal	Trains comme les autres	(10:20) ADN	Brique	

## Not the original, but not bad

**A Canadian Sherlock Holmes expert is giving the new film starring**

**Robert Downey Jr. a thumbs-up, though he says it bears little resemblance to the original stories.**

Yes, spotting the differences between Sir Arthur Conan Doyle's Holmes tales — published between 1887 and 1927 — and director Guy Ritchie's high-octane new action film, is elementary.

"I didn't find much resemblance between the film and the authentic Sherlock Holmes, but I certainly enjoyed the film," said Chris Redmond, a Waterloo, Ont., native who has written three books on Holmes and maintains the website sherlockian.net.

"(It's) very entertaining in quite different genre from anything that Arthur Conan Doyle ever thought up."

Already a hit with movie-goers (the film crossed the \$138-million mark in North American grosses over the weekend), Sherlock Holmes ran the risk of offending purist fans by recasting its lead

character as a spry, Indiana Jones-esque screen hero who cracks as many skulls as cases.

"The most dramatic difference (between the movie and the stories) is that Holmes is presented essentially as a physical adventurer with battles and chasing rather than as primarily a detective, somebody who reasons out a puzzle, who looks at clues and solves mysteries," said Redmond, whose Sherlock Holmes Handbook is in its second edition.

In fact, Redmond, 60, says the film owes much more to Basil Rathbone's iconic Holmes movies, released between 1939 and 1946, the 1985 Barry Levinson-directed film Young Sherlock Holmes and the 1979 film Murder by Decree, which starred Canadian Christopher Plummer as the pipe-huffing detective.

The whole plot point of Holmes and Watson themselves being in danger is much more suggestive of the Rathbone (movies)," he said.

And yet, Redmond says the new Sherlock Holmes film does get a few details

right. The scene in which a shirtless, greased-up Downey tosses bone-crunching punches at a brute twice his size — in slow-motion, of course — might have seemed a bit out of character for the ponderous detective.

But Redmond points out

### critics' corner

#### The Nature of Things

Bees may be a nuisance, but we can't live without them. The new episode "To Bee or Not to Bee" looks at scientists' efforts to understand why bee colonies around the world are disappearing and what it means for humans. Without bees to pollinate plant life, the whole food chain could be affected. The program also addresses the question of humans' responsibilities as stewards of the planet. David Suzuki hosts. 8 PM on CBRT

#### College Football

There's no arguing that tonight's BCS National Championship Game between Alabama and Texas is full of tradition and history, but are these the two best teams in U.S. college football? No. 1 'Bama made their case in the SEC title game, overwhelming then-No. 1 Florida, 32-13. The Longhorns, on the other hand, needed a last-second field goal to squeak by offensively challenged Nebraska in the Big 12 championship. Texas, however, holds a 7-0-1 all-time edge over Alabama. 6:30 PM on KXLY

## School wins Justin Bieber

**CONCERT** A successful canned food drive has won students at a New York middle school a concert by Canadian teen pop sensation Justin Bieber.

The 15-year-old singer will perform at Long Beach Middle School in Lido Beach sometime in February. The school bested 149 other area schools by collecting more than 27,000 pounds of food.

## Stars will be out at Golden Globes

**AWARDS** Christina Aguilera, Tom Hanks and Neil Patrick Harris will appear at the Golden Globe Awards. The Hollywood Foreign Press Association says the three stars will be presenters at the 67th annual ceremony. Ricky Gervais is set to host the awards, which will be held Jan. 17. THE ASSOCIATED PRESS

## Kenya's Style

### Kenya Hunt

Exclusively at metronews.ca/globalstyle  
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies



Robert Downey Jr., right, stars as Holmes, and Jude Law is his sidekick Dr. Watson. The film has already made \$138 million.



**Top food trends announced**

According to the foodchannel.com, sushi, gourmet burgers, pomegranates, bacon and cupcakes were some of the biggest food trends of the past decade, while wasabi and ginger were some of the top flavours. **METRO NEWS SERVICES**

**Urban Foodie**

\*\*\*\*\* INSPIRED; \*\*\*\* VERY GOOD; \*\*\* PALATABLE; \*\* HO-HUM; \* NEVER AGAIN

# Aladdin's works its genie magic

**ANDREE LAU**  
CalgaryUrbanFoodie@gmail.com

**Aladdin's Casbah**  
109-12445 Lake Fraser Dr.  
S.E., Calgary  
(403) 343-9599  
aladdinscasbah.ca

**Rating:** \*\*\*  
**Dinner & drinks for 2:**  
\$60

Among the cluster of restaurants in the south-east Avenida Village mall

lies Aladdin's Casbah, run by a Lebanese family transplanted from Quebec.

The Middle Eastern delights have a genie's touch.

You could get stuffed on meza (a seemingly endless parade of appetizers) alone. They go from simple in the dips — fresh hummus, tzatziki, and baba ghanouj (\$6.99) that taste nothing like grocery store tubs — to exotic in hot Lebanese and Armenian sausages (maaneek and soujouk).

**On the web**

- Get recipes and more great food content at [metronews.ca/recipes](http://metronews.ca/recipes)

Some more uncommon plates are worth trying: kebibi nayi (\$12.99) is a spiced, finely minced variation of steak tartar; frog's legs (\$12.99) are cooked with garlic, lemon juice and cilantro.

Entrees showcase Aladdin's wood charcoal barbecue. Classic shish taouk

(\$18.99) are huge skewers of impossibly moist chicken breast.

The best bang for your buck comes with the set menus. The Sultan's Feast (\$45 per person) fills your table with 10 appetizers, then a heaping platter of shish taouk, beef tenderloin kabobs, two quartered quails and jumbo shrimp, ending with dessert and coffee/tea. Service is haphazard but full of character. Belly dancers are featured on Saturday nights.



Stuffed grape leaves (\$6.99) from Aladdin's Casbah.

## Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out [metronews.ca/globalpeasant](http://metronews.ca/globalpeasant) for a recipe of oven roasted radishes



## Dining out

**VIETNAMESE FRENCH**

Calgary has its first higher-end Vietnamese restaurant in Colonial Fusion (163 Quarry Park Blvd. S.E.) The new restaurant showcases French-influenced dishes and features those alongside familiar pho and bun dishes. The most common meats used in Vietnamese cuisine are pork, chicken, fish, and various kinds of seafood.

**CASINO BUFFETS**

Grey Eagle Casino holds an Asian buffet (\$16.99) every Wednesday 5-10 p.m. with all-you-can-eat sushi, Peking duck and suckling pig. Thursdays feature a seafood buffet (\$22.99) with lobster, jumbo prawns, oysters on the half shell and crab legs. For more information visit [greyeaglecasino.ca/](http://greyeaglecasino.ca/)

—ANDREE LAU/  
FOR METRO CALGARY

**In brief**

**PASTRY** Yann Haute Patisserie is now open Wednesday to Sunday in Mission (329 23rd Ave. S.W.). Paris-trained chef Yann Blanchard creates beautiful macaroons, chocolates, and wedding cakes.

**COFFEE** Loyal coffee fans of Phil & Sebastian at the Calgary Farmers' Market can now get their fix at a new Marda Loop location (2043 33rd Ave. S.W.) seven days a week.

METRO CALGARY

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HOLIDAY CHEER? }

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Robbie Williams plans to get married on Valentine's Day, femalefirst.co.uk reports. The singer got engaged last week but is desperate to make Ayda Field — who he has been dating for around three years — his wife. METRO NEWS SERVICES

## Celebrity Buzz

### Miley Cyrus comes clean on recent tattoo's meaning

**KEEPING AWARE OF IT** Miley Cyrus is speaking out for the first time about the phrase she recently had tattooed under her breast, "just breathe."

The 17-year-old says she got the body art as a tribute to friends and family who have passed away.

"It really doesn't hurt if you're thinking about the meaning. I could never get a meaningless tat-



too, but I think that if you're doing something that's important, that's significant in your life, it takes some of the pain away," she tells Harper's Bazaar.

"It reminds me not to take things for granted. I mean breathing — that was something none of them could do, the most basic thing. And I put it near my heart, because that is where they will always be."

METRO WORLD NEWS

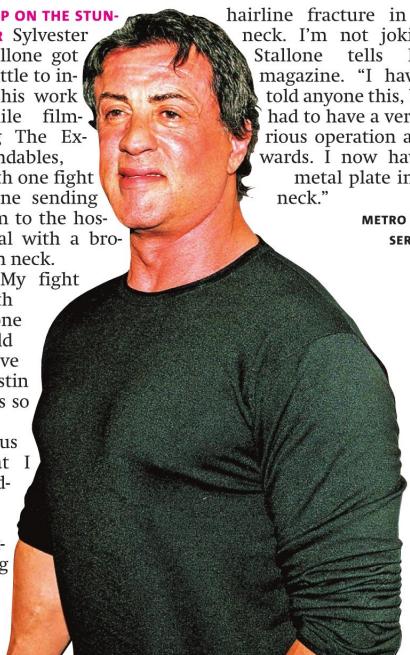
### Stallone fractured neck in fight with Stone Cold

**SLAP ON THE STUN-NER** Sylvester Stallone got a little to into his work while filming The Expendables, with one fight scene sending him to the hospital with a broken neck.

"My fight with Stone Cold Steve Austin was so vicious that I ended up getting a

hairline fracture in my neck. I'm not joking," Stallone tells FHM magazine. "I haven't told anyone this, but I had to have a very serious operation afterwards. I now have a metal plate in my neck."

METRO NEWS SERVICES



### Russell Brand, Katy Perry engaged

**MORE WEDDING BLISS** Word is circulating that comedian Russell Brand and singer Katy Perry reportedly are engaged, with usmagazine.com reporting Brand has confirmed the impending nuptials.

Brand, 34, is quoted in Wednesday's editions of the Britain Sun as texting, "It's true. Much love."

Adding fuel to the flame, Perry, 25, Tweeted around 1 a.m. New York time from Thailand on Wednesday an oblique reference to an Alanis Morissette song: "So when do I start walking

the streets naked singing that Alanis song?"

Morissette's lines in Thank You include: "How about me just enjoying the moment for once" and "Thank you India" (where the couple vacationed recently).

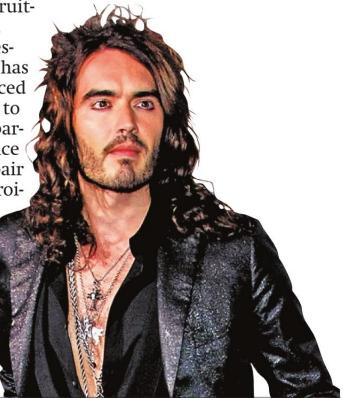
The couple, who've been dating since this autumn, have been nearly inseparable since hooking up.

But that there were rumours of nuptials isn't surprising: Brand hinted earlier this month that he foresees having kids with the singer, famous for her

over-the-top fruit-themed props.

On the domestic front, Perry has already introduced the comedian to her religious parents, and once showed off a pair of undies embroidered with the colors of his favorite soccer team, West Ham United.

METRO NEWS SERVICES



### Swift has body image issues

**AS DO MANY STARLETS AND THE YOUNG GIRLS WHO IDOLIZE THEM... MAKES YOU THINK, DOESN'T IT?** Taylor Swift doesn't like her body, femalefirst.co.uk reports. Despite her glittering film and music career, the 20-year-old starlet isn't confident with her appearance and is inundated with insecurities about her face and body.

She said: "I definitely have body issues, but everybody does. When you come to the realization that everybody does that — even the people that I consider flawless — then you can start to live with the way you are.

"I've read interviews

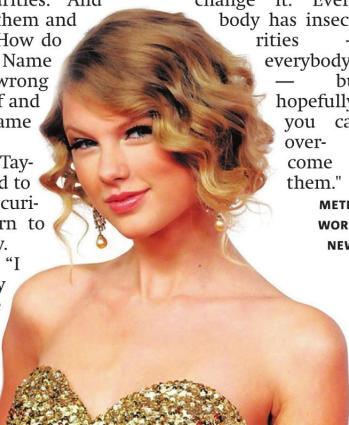
with some of the most beautiful women who have insecurities. And you look at them and you're like 'How do you have?' Name one thing wrong with yourself and they could name a handful."

However, Taylor has vowed to beat her insecurities and learn to love her body.

She said: "I don't really want to be that way. I'd like to try to maintain confidence and stay

okay with who I am because I don't really want to change it. Everybody has insecurities — everybody — but hopefully you can overcome them."

METRO WORLD NEWS



### Manson pops question?

**ENOUGH WEDDING BLISS TO MAKE YOU SICK** Marilyn Manson apparently wants to make it official with Evan Rachel Wood. The singer reportedly proposed onstage at a Paris concert.

METRO NEWS SERVICES



### Claimant seeks cash from Jacko estate

**IT JUST DOESN'T STOP** One of Doreen Smith says she doesn't remember the exact details of their brief marriage, but the private ceremony took place at a New York hotel, and the only witnesses were hotel employees, according to TMZ.

Smith is seeking spousal support.

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### Celebrity tweets

Eddie Izzard is looking out for the foxes and **Tila Tequila** starts a feud with **Perez Hilton**.



• **@EddieIzzard** In the UK, the Tory party will bring back fox hunting if they can win an election. They haven't changed from last time.

• **@OfficialTila** @PerezHilton haha already showing your true colors like a fat little kid who lost another candy bar.

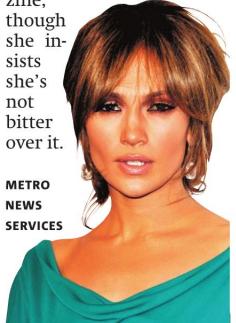


### Lopez mad at Oscar snub

**A PERFORMANCE TO RIVAL GIGI** Jennifer Lopez feels a little neglected by the Academy. The singer and actress believes her role in 2006's *El Cantante* was Oscar-worthy, even if she didn't get a nomination.

"I feel like I had that in *El Cantante*, but I don't even think the Academy members saw it. I feel like it's their responsibility to do that, to see everything that's out there, everything that could be great," Lopez tells Latina magazine, though she insists she's not bitter over it.

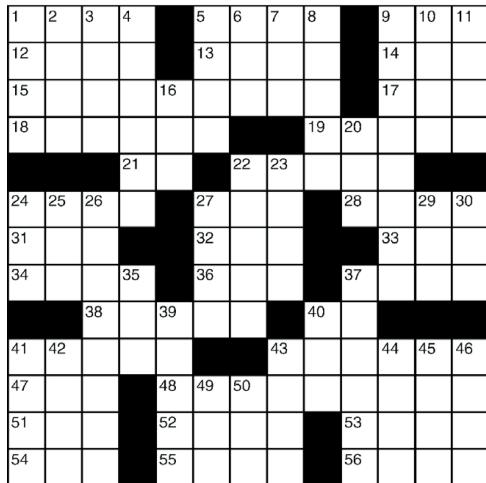
METRO NEWS SERVICES



**Andrew Schultz, Meteorologist – Breakfast Television**

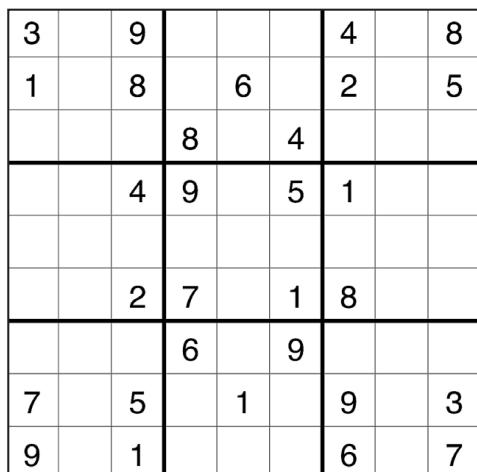
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

**Take Five****Sudoku**

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**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

A S A P	E G G	G A L O T	4	6	7	2	5	8	3	1	9
N U D E	N E O	N O G O	8	5	1	4	3	9	2	7	6
T E A R I N T O	T O R N	S 3 2 9	6	1	7	4	8	5			
S T R I D E	D R A K E S	A 5 1 4	7	8	6	9	2	3			
L E A S A R I	T E N O R	B 7 9 3	5	2	4	8	6	1			
A R C	A D S	C 6 8 2	1	9	3	7	5	4			
B O O B	S A G	D 9 7 6	8	4	5	1	3	2			
A M M A N	D E W	E 1 4 5	3	7	2	6	9	8			
G R I L L E	O R E G O N	F 2 3 8	9	6	1	5	4	7			
M O N O	B U M P I N T O	G 4									
A L T O	R A E	H 5									
N E O N	A R S	I 6									
		J 7									
		K 8									
		L 9									

**On the web**

For more games and 60 additional daily cartoon strips, visit metronews.ca

**Horoscopes by Sally Brompton** [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES****MARCH 21-APRIL 20**

You will be tempted to do something outrageous today, just to spice things up a bit. You must not go too far over the top. You'll regret it if you do.

**LIBRA****SEPT 23-OCT 23**

Two groups of friends – one to do with your work and one to do with your family – are unlikely to mix well today, so keep them apart if you can.

**TAURUS****APRIL 21-MAY 21**

You will have at least one and maybe several opportunities to move up in the world over the next few days, but will you take advantage of them?

**SCORPIO****OCT 24-NOV 22**

Watch what you say and how you say it over the next 24 hours, because your words may be interpreted as being overly aggressive or antagonistic.

**GEMINI****MAY 22-JUNE 21**

You can sense that something good is going to happen but because you are so impatient you may try to hurry things along, and that could be a mistake.

**SAGITTARIUS****NOV 23-DEC 21**

In all areas, but especially when dealing with people you don't know too well, avoid excessive behavior. Tone down your act a bit.

**CANCER****JUNE 22-JULY 22**

Something will happen so suddenly today that you may be shocked by how quickly a situation you thought you had under control deteriorates.

**CAPRICORN****DEC 22-JAN 20**

The urge to do something drastic, especially in regards to your money situation, must be controlled.

**LEO****JULY 23-AUG 23**

You may be tempted to take some kind of risk today, the kind of risk that has paid off for you many times in the past. It might swamp you.

**AQUARIUS****JAN 21-FEB 18**

A setback of some kind will throw your day into confusion and there is really not a lot you'll be able to do about it. You'll survive it.

**VIRGO****AUG 24-SEPT 22**

Someone will play on your emotions today, most likely just for the fun of it. They can only hurt you if you take what they say seriously.

**PISCES****FEB 19-MARCH 20**

Your wellbeing is very much on your mind at the moment and you may be thinking of starting a new health or fitness regime. That's good, but don't go crazy.

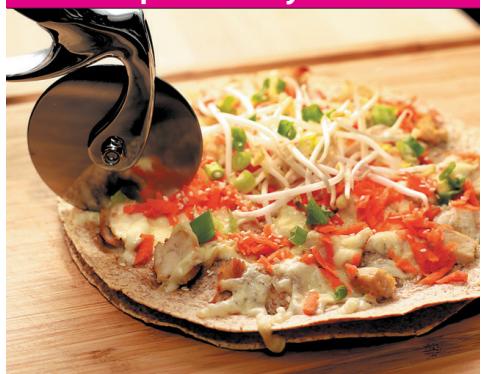
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**This day in history**

1959 – The United States recognizes the new Cuban government of Fidel Castro.  
 1980 – President Jimmy Carter authorizes legislation giving \$1.5 billion in loans to bail out the Chrysler Corporation.  
 1990 – The interior of the Leaning Tower of Pisa is closed to the public because of safety concerns.  
 1993 – The Fourth Republic of Ghana is inaugurated with Jerry Rawlings as President.  
 1999 – The impeachment of President Bill Clinton begins.

METRO NEWS SERVICES

**entertainment 19****Metro Recipe of the Day****Quick Thai Chicken Pizza**

Submitted by: Darlene Chapman Dawson Creek, B.C.

**INGREDIENTS:**

- 1 boneless skinless chicken breast
- 1 Cup skim milk mozzarella cheese
- 1 Cup shredded carrot (packaged ok)
- 1 Cup bean sprouts
- 4 whole wheat large tortillas
- 2 Tablespoon olive oil
- 2 Teaspoon sesame oil
- 2 Tablespoon tahini paste (look for this in the peanut butter section of the supermarket)
- 2 green onion
- 2 Teaspoon sesame seeds

**SERVES 2****PREP TIME: 10 MINUTES****COOK TIME: 15 MINUTES****20 minute SUPPER CLUB**

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